How to Cook Fish

Poaching and pan-cooking are two simple techniques for fish cookery.

Poaching: Cooking in liquid retains the moisture of fish, especially skinless fillets.

In saucepan or skillet, add enough liquid (water or broth plus wine, if desired) to cover fish. Place over medium heat and bring to a simmer. Gently, add fish. Cover; when Vapo-valve™ clicks, remove pan from heat. Do not lift lid. Poach 10 minutes per inch of thickness at the thickest part.

Pan-cooking: This technique works well for fillets or small whole fish and fish steaks.

A) Place fish and small amount of liquid (wine, broth, sauce or whatever recipe calls for) in skillet. cover and cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook until fish tests done. Allow 10 minutes per inch of thickness measured at the thickest part, total cooking time.

B) Preheat skillet over medium heat 2 to 3 minutes, until a few drops of water splashed in pan bead and dance. Add fish, cover and cook until Vapo-Valve™ clicks. Reduce heat to low and cook until fish tests done, allowing 10 minutes per inch of thickness at the thickest part, total cooking time.

Rating:

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